

Abstract

The present invention concerns a matrix with a bioactive component containing phospholipid which is composed of 5 to 98 % by weight phosphatidyl serine and 1 to 90 % by weight phosphatidyl choline. In addition 1 to 94 % by weight of a fat component of vegetable and/or animal origin, a wax component, a polyalcohol component and/or other physiologically compatible additives can be contained. In this connection a matrix is preferred which has a permanently flexible water-containing coat and which has a total diameter of between 0.3 to 20 mm. This matrix is used especially to strengthen the ability to cope with physical and mental stress and functional capacity.